Iowa WIC Program 1-800-532-1579



Your child has you. And you have WIC

Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: Friday Facts 1/27/12 – Issue #128

Policy

From the WIC Program Goals Manual — 110.10 Needs Assessment

During FFY'05, each county board of health was charged with the responsibility to complete a Community Health Needs Assessment and Health Improvement Plan (CHNA-HIP). These 99 plans were developed by community teams of health professionals, community leaders, and consumers and identified health priorities and proposed activities addressing those priorities. The plans were submitted electronically to the Iowa Department of Public Health and can be accessed from the department's web page. The plans will be updated regularly.

The twenty WIC contractors were involved in developing the CHNA-HIPs for their service areas by providing data, participating in discussions, and assisting with the written plan. The WIC office visit requires state WIC consultants to review local agencies involvement in the county CHNA-HIP activities with local agency coordinators.

WIC contractors are also strongly encouraged to link their activities and action plans to the community priorities identified in these plans.

SharePoint News

SharePoint - New Password Reset System

A self-service Password Reset system is now available at http://cmpwreset.idph.state.ia.us/default.aspx. In the event your password has expired, you can enter your SharePoint username and email associated with your Service Contract Account into the system. You will receive an email from sharepoint@idph.iowa.gov with additional instructions for receiving your new password. Once your password is received, you may change it at any time after your initial login. Please be aware that all characters in the password are Case-Sensitive. Please save this link in your Favorites list for future use.

Please renew your password within a 60 day period in the Change Password tab located at the top left side of your homepage.

Please share this will all of your agencies' SharePoint users.

Reports

Iowa Barriers to Prenatal Care 2010 Data Available

The purpose of the Iowa Barriers to Prenatal Care project is to obtain brief, accurate information about women delivering babies in Iowa hospitals. Specifically, the project seeks to learn if women had problems getting prenatal care delivery or delivery care during their pregnancy. Other information is

included which may be pertinent to health planners or those concerned with the systematic development of health care services.

The project is a cooperative venture of all of Iowa's maternity hospitals, the University of Northern Iowa Center for Social and Behavioral Research and the Iowa Department of Public Health. Data includes responses to a questionnaire that is distributed to all maternity hospitals in the state of Iowa. All birth mothers are approached prior to discharge and requested to complete the questionnaire. Completed questionnaires are returned to the University of Northern Iowa Center for Social and Behavioral Research for data entry and analysis.

This report site rates per county for key variables. Unless otherwise noted, all entries reflect percentages. Please note that because percentages were rounded, total values may not equal 100 percent.

The full report can be viewed at:

www.idph.state.ia.us/common/pdf/publications/prenatal_barriers_2010.pdf.

The barriers county data can be viewed at www.idph.state.ia.us/hpcdp/prenatal_care_barriers.asp.

Training

Breastfeeding Education for Iowa Communities

The purpose of this training is to enhance your knowledge and assist you in providing support to breastfeeding families. Please see the flyer and directions at end of the Friday Facts.

Don't forget...



There are discussions going on every day with participants concerning the food package and shopping. It is a good idea to remember that a large part of WIC program expense is food, and food costs are increasing every month. Keep in mind that participants might buy everything on the package because they think they have to, even though they may not use certain foods. Don't forget to tell them that they do not have to buy everything on the check. This might also a good time to discuss how to use some of the foods. Another discussion could be about using coupons. What is your agency policy??

Dates to Remember

2012

- January 31, 2012 WIC Contractor's Meeting
- March 29-30, 2012 Maternal and Breastfeeding Nutrition Core Workshops
- August 21, 2012 WIC Contractor's Meeting
- August 29-30, 2012 Infant and Child Nutrition Core Workshops
- October 26, 2012 2012 Iowa WIC Training
- October 30, 2012 Communication and Rapport Building Core Workshop

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
2 ounce RTU 24 calorie Enfamil Lipil	6		Operation Threshold	Nancy Anderson 319-233-1851
2 ounce RTU 24 calorie Enfamil Lipil	28	•	Operation Threshold	Nancy Anderson 319-233-1851
Similac PM 60/40	3 cans	October 2012	Johnson County Public Health	Chuck Dufano @ 319-356-6042
EleCare Unflavored Formula	30 cans - 14.1 oz Powder 4 cans 1 can 4 cans 2 cans 5 cans 1 can 7 cans 6 cans	11/2012 12/2012 2/2013 6/2013 8/2013 9/2013 10/2013 11/2013	North Iowa Community Action Organization	Carla Miller @ 641-423-5044 ext.24



BREASTFEEDING EDUCATION

For Iowa Communities

DEVELOPED BY THE IOWA BREASTFEEDING COALITION

Sponsored by the Breastfeeding Coalition of Polk County

The purpose of this training is to enhance your knowledge and assist you in providing support to breastfeeding families. The training was developed based on a survey conducted by the Breastfeeding Coalition of Polk County.

DATE: Monday March 5, 2012

TIME: 12:00 – 5:15 PM

PLACE: Conference and Learning Center, Iowa Methodist Medical Center

1415 Woodland Avenue, Des Moines, IA 50309

Objectives

- Review strategies that address barriers to breastfeeding
- · Identify common myths about breastfeeding
- Identify factors that impact milk production
- Explain importance of position and latch in attaining breastfeeding success
- Explain how to maintain milk production during separation
- Identify breastfeeding concerns (engorgement, plugged ducts, sore nipples, and low milk production) and strategies to resolve them
- Review proper use of breastfeeding aids such as nipple shields, breastpumps, and supplementers

Intended Audience

Individuals who work with breastfeeding families including hospital staff, physician office staff, nurse practitioners, midwives, nurses, dietitians, public health staff, WIC staff, peer counselors, childbirth educators, nurse educators, doulas, family support workers, La Leche League, and other interested community supporters.

Presenters

- Angela E. Swieter, RN,BSN, IBCLC, RLC, ICPE. Angela is a Lactation Consultant and a Childbirth Educator at Mercy Hospital in Des Moines. Also owner of Basking Babies.
- Sara Macy, RN, IBCLC. Sara is a Lactation Consultant and OB Discharge Planner at Mary Greeley Medical Center in Ames. Also owner of Iowa Breastfeeding Services.

SCHEDULE

Noon-12:30 REGISTRATION

12:30-12:45 Welcome/Opening

12:45-2:45 CONFERENCE

2:45-3:00 Break (light snacks)

3:00-5:00 CONFERENCE

5:00-5:15 Evaluations/Certificates

Contact Hours

Nursing: 4.8 contact hours provided by the Iowa Board of Nursing Provider #59 Genesis Medical Center

<u>Dietitian:</u> 4.0 contact hours provided for registered and/or licensed dietitians

IBCLC: 4.0 L-CERPS provided

For questions or more information regarding the training please contact rlosh@mchsi.com

Please wear appropriate clothing as the conference room can be cool.



Breastfeeding Education for Iowa Communities Monday March 5, 2012

REGISTRATION FORM

Name	
Address	
City	
	Zip Code
Phone	
Email	
Employer	
Title	

CREDITS

Please check all that apply

□ NURSES RN/LPN LICENSE NUMBER

LICENSED DIETITIAN LICENSE NUMBER	
IBCLC LICENSE NUMBER	

CONFERENCE FEE

\$40 All Participants

Make check payable to Broadlawns WIC Program

Mail Registration form and check to:

Broadlawns WIC Program ATTN March 5 Registration 2300 Euclid Avenue – Suite D Des Moines, IA 50310

Mail by Wednesday, Feb. 22, 2012

DIRECTIONS

■ <u>Traveling East on I-235 to Iowa Methodist (IMMC) Hospital/medical complex</u> <u>Conference and Learning Center)</u>

Follow I-235 East to Martin Luther King Parkway Exit turn Right at the stoplish and stay in the far left hand lane

Go Left on Cottage Grove Avenue (Cottage Grove Avenue will turn into Crocker Street)

Follow Crocker Street to Pleasant Street (you are now on the West Side of the hospital)

Turn Left on Pleasant Street into the hospital complex and the parking ramp will be on your right

Enter the parking ramp and drive to the far south end

Take the south bank of elevators down to G level - Conference location

■ <u>Traveling West on I-235 to Iowa Methodist (IMMC) Hospital/medical complex</u> Conference and Learning Center)

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Conference and Learning Center Iowa Methodist Medical Center 1415 Woodland Avenue Des Moines, Iowa 50309

About the Conference and Learning Center Location
The Education and Research Center is located on the Blank
Children's Hospital/lowa Methodist Medical Center Campus.
Park in the south section of the parking garage and take the

elevators in the south section of the garage to level G.

